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ABSTRACT OF THE DISCLOSURE

A guide for affixing to a panel to limit the bend radius of fiber optic cable.

The guide is adapted for placement at a hole through the panel to limit the bend radius of cable routed through the hole, or alternately, for placement on the panel for guiding cable that is routed parallel to the panel while limiting the bend radius of the cable. The guide is further adapted to provide a storage spool for excess cable.